



EVENTS at the PARENT CENTER

Free Spring Parenting Groups!

Structured parent and parent/child groups and activities provide parents the education, support and resources needed to strengthen their families.

All groups are held at the Parent Center, 281 East Broadway, New York, NY

Registration is required. For more information or to RSVP, please contact

Tera Gurney at **212.471.2400** and/or TGurney@henrystreet.org

Bright Beginnings: For Expectant Mothers only

Start Date: 4/13/2016: Wednesdays 2:00PM to 3:30PM

Ackerman Institute for the Family six-week group for expectant mothers focusing on preparing for birth, reflecting upon feelings around pregnancy, developing a positive parenting style, and more.

Parenting Children with Special Needs

Start Date: 4/19/2016: Tuesdays 12:00PM to 1:30PM

A six-week group that discusses the Special Education and IEP process, ages and stages of child development, management of challenging behaviors, ways to access community resources, advocacy, and more.

Bright Beginnings: For Parents & their Babies (2 to 12 months)

Start Date: 5/2/2016: Mondays 10:00AM to 11:30AM

Ackerman Institute for the Family six-week group for parents and their babies (2 to 12 months). This group provides education and structured activities for parent/baby to foster healthy attachment and development.

The Parenting Journey

Start Date: 5/19/2016: Thursdays 10:00AM to 12:00PM

A twelve-week program for parents of children ages 0-17 designed to increase skills that benefit the entire family – learn about the importance of rituals and tradition, self-care and nurture of ourselves and others. Reflect on childhood experiences and develop goals and steps to achieve these goals for positive parenting styles that improve relationships with children.